



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 09033, Apricots, dried, sulfured, stewed, without added sugar

Report Date: June 27, 2017 23:54 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, halves 250g
Proximates					
Water	g	75.56	1	--	188.90
Energy	kcal	85	--	--	212
Energy	kJ	357	--	--	892
Protein	g	1.20	--	--	3.00
Total lipid (fat)	g	0.18	--	--	0.45
Ash	g	0.91	--	--	2.27
Carbohydrate, by difference	g	22.15	--	--	55.38
Fiber, total dietary	g	2.6	--	--	6.5
Sugars, total	g	19.57	--	--	48.92
Minerals					
Calcium, Ca	mg	19	--	--	48
Iron, Fe	mg	0.94	--	--	2.35
Magnesium, Mg	mg	11	--	--	28
Phosphorus, P	mg	25	--	--	62
Potassium, K	mg	411	--	--	1028
Sodium, Na	mg	4	--	--	10
Zinc, Zn	mg	0.14	--	--	0.35
Copper, Cu	mg	0.121	--	--	0.302
Manganese, Mn	mg	0.083	--	--	0.207
Selenium, Se	µg	0.8	--	--	2.0
Vitamins					
Vitamin C, total ascorbic acid	mg	0.3	--	--	0.8

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, halves 250g
Thiamin	mg	0.005	--	--	0.013
Riboflavin	mg	0.026	--	--	0.065
Niacin	mg	0.915	--	--	2.288
Pantothenic acid	mg	0.211	3	0.035	0.527
Vitamin B-6	mg	0.051	--	--	0.128
Folate, total	µg	3	--	--	8
Folic acid	µg	0	--	--	0
Folate, food	µg	3	--	--	8
Folate, DFE	µg	3	--	--	8
Choline, total	mg	4.9	--	--	12.2
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	64	--	--	160
Retinol	µg	0	--	--	0
Carotene, beta	µg	765	--	--	1912
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	1275	--	--	3188
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	0	--	--	0
Vitamin E (alpha-tocopherol)	mg	1.53	--	--	3.83
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	1.1	--	--	2.8
Lipids					
Fatty acids, total saturated	g	0.006	--	--	0.015
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000
14:0	g	0.000	--	--	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, halves 250g
16:0	g	0.006	--	--	0.015
18:0	g	0.000	--	--	0.000
Fatty acids, total monounsaturated	g	0.026	--	--	0.065
16:1 undifferentiated	g	0.000	--	--	0.000
18:1 undifferentiated	g	0.026	--	--	0.065
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.026	--	--	0.065
18:2 undifferentiated	g	0.026	--	--	0.065
18:3 undifferentiated	g	0.000	--	--	0.000
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.000	--	--	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
Amino Acids					
Tryptophan ¹	g	0.006	--	--	0.015
Threonine ¹	g	0.026	--	--	0.065
Isoleucine ¹	g	0.022	--	--	0.055
Leucine ¹	g	0.037	--	--	0.092
Lysine ¹	g	0.029	--	--	0.072
Methionine ¹	g	0.005	--	--	0.013
Cystine ¹	g	0.007	--	--	0.018
Phenylalanine ¹	g	0.022	--	--	0.055
Tyrosine ¹	g	0.014	--	--	0.035
Valine ¹	g	0.028	--	--	0.070
Arginine ¹	g	0.023	--	--	0.058
Histidine ¹	g	0.017	--	--	0.043
Alanine ¹	g	0.039	--	--	0.098
Aspartic acid ¹	g	0.331	--	--	0.828
Glutamic acid ¹	g	0.066	--	--	0.165
Glycine ¹	g	0.025	--	--	0.062

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, halves 250g
Proline ¹	g	0.290	--	--	0.725
Serine ¹	g	0.031	--	--	0.077
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 2c, 1999 Beltsville MD